

FEBRUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	3 12:00 LUNCH 12:30 CARDS <u>1:00 PM SHINE</u>	4 9:30 TAI CHI	5 12:00 LUNCH 12:30 CARDS	6 10:00 TAP DANCING <u>1:00 Hearing Exams</u>	7
8	9 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	10 10:30 AM LOW VISION PROGRAM 12:00 LUNCH 12:30 CARDS	11 9:30 TAI CHI	12 12:00 VALENTINE'S HEART HEALTHY LUNCH 12:30 CARDS 5:30 Caregiver Group Support Meeting	13 10:00 TAP DANCING	14 <i>Ham & Bean Supper – Avon Baptist Church</i> Happy Valentines Day
15	16 WASHINGTON'S BIRTHDAY – TOWN OFFICES ARE CLOSED	17 12:00 LUNCH 12:30 CARDS <u>1:00 Ask a Lawyer</u>	18 9:30 TAI CHI <i>11:30 Ecumenical Lunch – Avon Baptist</i>	19 12:00 LUNCH – Celebrating Chinese New Year 12:30 CARDS <u>12:00 Blood Pressure Clinic</u> Board of Directors Meeting	20 10:00 TAP DANCING	21 Happy Birthday Avon 127 years
22	23 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	24 12:00 LUNCH 12:30 CARDS	25 9:30 TAI CHI 12:00 MOVIE	26 12:00 LUNCH 12:30 CARDS	27 10:00 TAP DANCING	28